



Profiles in Wellness



Sue Shaw

Maine

May 20, 1971 was quite a rewarding day. I threw out a carton of cigarettes, and became a non-smoker; from almost two packs a day to "0". Cold turkey. Pre-nicotine patch. Wow.

In 1971, in year five of a 37 year career of teaching secondary Physical Education, I smoked. I knew it was stupid, but I still smoked a lot. I couldn't run the length of the soccer field. My lack of endurance on the field figured heavily in my decision to quit. At age 28, my competitive spirit was alive and well! I traded smoking for jogging and never looked back. It was the best health decision I ever made.

When I quit smoking I didn't just break a habit, I made an investment in the quality of my future. I gave myself the gift of decades of jogging and cycling; the gift of endurance with which to participate in life to the fullest.

I am so glad that I quit smoking, .not only for my own health, but for the health of my students. In my health class I tell students, "If I can quit, YOU can!" And some have. It was a rewarding day, indeed.